

## Coaches:

- Kandi KelleyChristopher Brown

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	STAR1 TIME	END TIME	LOCATION	LEAGU DEPARTURE TRANSPORTATION / NON- LEAGU
Nov 15, 2022	Tue	Practice (Alpine Ski Team Meeting)	N/A	3:30 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Nov 16, 2022	Wed	Practice (Dryland Training)	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Nov 17, 2022	Thu	Practice (Dryland Training)	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Nov 28, 2022	Mon	Practice	N/A	3:30 PM	4:45 PM	Lake George High School High School - Gymnasium Lobby	
Nov 30, 2022	Wed	Practice (Dryland Training)	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Dec 1, 2022	Thu	Practice (Dryland Training)	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Dec 5, 2022	Mon	Practice (Dryland Training)	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Dec 8, 2022	Thu	Practice (Dryland Training)	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Dec 9, 2022	Fri	Practice (Dryland Training)	N/A	3:15 PM	4:45 PM	Lake George High School High School - Gymnasium Lobby	
Dec 12, 2022	Mon	Practice	N/A	3:15 PM	4:30 PM	Lake George High School - Weightroom/Fitness Center	
Dec 13, 2022	Tue	Practice	N/A	3:30 PM	4:45 PM	Lake George High School - Weightroom/Fitness Center	
Dec 16, 2022	Fri	Practice	N/A	3:30 PM		Lake George High School - Weightroom/Fitness Center	
Dec 19, 2022	Mon	Practice	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Dec 21, 2022	Wed	Practice	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Jan 3, 2023	Tue	Practice	N/A	TBD		West Mountain Ski Resort	<b>Departure Time:</b> 3:30 PM
Jan 4, 2023	Wed	Practice	N/A	TBD		West Mountain Ski Resort	Departure Time: 3:30 PM
Jan 5, 2023	Thu	Practice	N/A	TBD		West Mountain Ski Resort	<b>Departure Time:</b> 3:30 PM
lan 6, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM
Jan 9, 2023	Mon	Practice	N/A	TBD		West Mountain Ski Resort	<b>Departure Time:</b> 3:30 PM
Jan 10, 2023	Tue	Practice	N/A	3:30 PM		West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM
Jan 11, 2023	Wed	Practice	N/A	3:30 PM		West Mountain Ski Resort	Departure Time: 3:15 PM

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
POSTPONED Jan 16, 2023	Mon	Regular Season (Broadalbin- Perth Invy - 1 Run GS)	Glens Falls (Coed Alpine), Schuylerville (Schuylerville/Greenwich Alpine), Johnstown (Alpine), Queensbury (Alpine), Saratoga Springs High School (Alpine), Christian Brothers Academy, Albany (Cross Country), Shenendehowa High School (Alpine), Niskayuna High School (Alpine), Albany Academies, Ballston Spa High School (Alpine), Stillwater (Alpine), Stillwater (Alpine), Shaker High School (Alpine), South Glens Falls @ Broadalbin-Perth (BP/Amsterdam Alpine Skiing)	10:00 AM		Oak Mountain Ski Center		<b>Departure Time:</b> 7:15 AM	L
Jan 17, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
Jan 18, 2023	Wed	Practice	N/A	3:30 PM		West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
Jan 18, 2023	Wed	Regular Season (The Niskayuna Invy)	Queensbury (Alpine), Schuylerville (Schuylerville/Greenwich Alpine), Ballston Spa High School (Alpine), Saratoga Springs High School (Alpine), Johnstown (Alpine), Glens Falls (Coed Alpine) @ Niskayuna High School (Alpine)	5:00 PM		West Mountain		<b>Departure Time:</b> 3:00 PM	NL
Jan 24, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
POSTPONED Jan 25, 2023	Wed	Regular Season (Glens Falls Invy)	TBD	5:00 PM		West Mountain Ski Resort		Departure Time: 3:00 PM	L
Jan 26, 2023	Thu	Practice (SL Training at West Mountain)	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort		Departure Date: Jan 26, 2023 Departure Time: 3:30 PM	
Jan 28, 2023	Sat	Regular Season (Johnstown Invy)	Johnstown (Alpine)	9:30 AM		Royal Mountain		<b>Departure Time:</b> 6:30 AM	NL
Jan 30, 2023	Mon	Regular Season (Brandon Sherwood Mem.)	TBD	5:00 PM		West Mountain Ski Resort		<b>Departure Time:</b> 3:00 PM	L
Jan 31, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
Feb 1, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
Feb 1, 2023	Wed	Regular Season (Saratoga Invy )	@ TBD	5:00 PM		Willard Mountain		Departure Point: Under the Bridge Departure Time: 1:45 PM	L

Feb 6, 2023	Mon	Regular Season (Stillwater Invy)	Stillwater (Alpine)	5:00 PM		Willard Mountain	Class Dismissal: 2:15 PM	Departure Time: 2:30 PM	L
Feb 7, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
Feb 8, 2023	Wed	Regular Season (Queensbury Invy)	Ballston Spa High School (Alpine), Saratoga Springs High School (Alpine), Johnstown (Alpine) @ Queensbury (Alpine)	5:00 PM		West Mountain		Departure Time: 3:00 PM	L
Feb 13, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
Feb 14, 2023	Tue	Regular Season (Sectional Championship )	TBD	9:30 AM		West Mountain Ski Resort		<b>Departure Time:</b> 7:00 AM	L
CANCELLED Feb 27, 2023	Mon	Regular Season (State Championship)	TBD	9:30 AM		bristol mountain		<b>Departure Time:</b> 7:00 AM	L

Date: 2024-05-17